

ABOUT THE AUTHORS

Ray Kurzweil is one of the world's leading inventors, thinkers, and futurists. Called "the restless genius" by the *Wall Street Journal* and "the ultimate thinking machine" by *Forbes* magazine, Kurzweil's ideas on the future have been touted by his many fans, who range from Bill Gates to Bill Clinton. *Time* magazine writes, "Kurzweil's eclectic career and



Photo by Michael Luthi.
Courtesy of Kurzweil Technologies Inc.

propensity of combining science with practical—often humanitarian—applications have inspired comparisons with Thomas Edison." A recipient of the National Medal of Technology and an inductee in the National Inventors Hall of Fame, among many other honors, he is the author of three previous books: *The Age of Spiritual Machines*, *The 10% Solution for a Healthy Life*, and *The Age of Intelligent Machines*.

Terry Grossman, M.D., is the founder and medical director of Frontier Medical Institute in Denver, Colorado, a leading longevity clinic. Certified in anti-aging medicine, he lectures internationally on longevity and anti-aging strategies. In the words of Arline Brecher, coauthor of *Forty Something Forever*, "I've met good writers and good doctors, but seldom are they one and the same. Dr. Terry Grossman breaks the mold and sets a new standard for physicians." He is the author of *The Baby Boomer's Guide to Living Forever*.



Photo by Larry Luzzo.

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IMMORTALITY IS WITHIN OUR GRASP . . .

In *Fantastic Voyage*, high-tech visionary Ray Kurzweil teams up with life-extension expert Terry Grossman, M.D., to consider the awesome benefits to human health and longevity promised by the leading edge of medical science—and what you can do today to take full advantage of these startling advances. Citing extensive research findings that sound as radical as the most speculative science fiction, Kurzweil and Grossman offer a program designed to slow aging and disease processes to such a degree that you should be in good health and good spirits when the more extreme life-extending and life-enhancing technologies—now in development—become available. This bridge to the future will enable those who dare to make the journey from this century to the next . . . and beyond.

"*Fantastic Voyage* is truly breathtaking—a concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge in the diverse fields of biology, medicine, and information technology. Whether you are driven by intellectual curiosity or concern for your own personal wellness, you will find this book fascinating and educational. A must read."

—**Dean Kamen**, physicist and inventor of the first wearable insulin pump, HomeChoice portable dialysis machine, IBOT Mobility System, and Segway Human Transporter, and recipient of the National Medal of Technology

"This visionary book provides a state-of-the-art synthesis of the latest evidence on aging and what you can do to live better and live longer. Highly recommended."

—**Dean Ornish, M.D.**, developer of the Opening Your Heart program

"*Fantastic Voyage* gives us a wonderful and exciting vision of what new advances in the biological and physical sciences will bring to the health and quality of human life. Kurzweil and Grossman's program of simple lifestyle modifications to forestall chronic disease is so comprehensive that anyone can find easy-to-implement actions that will enhance their health."

—**George King, M.D.**, Director of Research, Joslin Diabetes Center, and Professor of Medicine, Harvard Medical School

"A wake-up call to even the most health-conscious people, *Fantastic Voyage* boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely."

—**John Gray, Ph.D.**, author of the *Men Are from Mars, Women Are from Venus* series of books

THE SCIENCE
BEHIND RADICAL LIFE EXTENSION

FANTASTIC VOYAGE

LIVE LONG ENOUGH
TO LIVE FOREVER

RAY KURZWEIL

TERRY GROSSMAN
M.D.

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